

Supporting individuals, teams and organisations

Tool: Four strategies for reducing stress and building resilience

This 'back to basics' survival tool reminds you to create a list of personal and professional resources you can call on to help you to reduce adrenalin levels, balancing the four key strategies:

1. **Focus** - identify people and tools that will support you in making critical decisions
2. **Diffuse** - choose your favourite methods for diffusing the effects of adrenalin
3. **Distract** - be specific about who and what helps you to focus on things other than the pandemic
4. **Relax** - expand your range of mind and body relaxation techniques.

Focus	Diffuse	Distract	Relax
E.g. Peer Supervision Circle of control tool Critical incident analysis	E.g. Online workout Walking the dog Going for a run	E.g. Netflix Social groups on Zoom Online team quiz	E.g. Long hot bath Prayer Mindfulness meditation

Useful resources

The Body Coach - www.youtube.com/channel/UCAxW1XToiEJooTYIRfn6rYQ

Mark Williams mindfulness meditation www.youtube.com/playlist?list=PLbTuZkZyHw9I7-YcOp27YgOVuo1tCJUFE&app=desktop